



Swale Your Way

Age 17+

07515 099191 or donna-ashworth@together-uk.org

Offer activities to help improve wellbeing and promote a holistic person centred approach, for people with mental health issues living in Swale.

Activities on Sheppey include:

- One to one support
- Relaxation, thought filled therapies
- Low impact aerobics, stretch and tone, total tone
- Gym membership
- Card and paper craft, art deco
- Allotment group
- Football therapy

Activities in Sittingbourne include:

- One to one support
- Breakfast club
- Gym membership
- Women only gym session
- Card and paper craft, creative writing, mixed crafts, sea glass
- Shed and allotment groups
- Creative writing
- Healthy and hearty cooking

A range of peer support and peer training is also available – contact Joanne Francis 07880 039578 or joanne-francis@together-uk.org